



MASTER CLASS: INNOVATIONS IN CULINARY HEALTH

TRAINER PROFILE

Marlene F. Janco

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Global Wellness Innovator

University of San Francisco



Marlene Janco is a seasoned health and wellbeing consultant with over 20 years' experience in designing, developing, and implementing global employee wellness, culinary health, nutrition and wellness programs. She served in a variety of senior-level leadership roles in the university, public health, hospital, health insurance, corporate health and private practice sectors designing comprehensive wellbeing strategies and nutrition programs that included a wide range of evidence-based healthy lifestyle opportunities to help reduce health risks, manage diseases, and promote a holistic approach to helping people live their healthiest lives. Marlene is a highly experienced speaker who has been invited to give over 1000 domestic and international presentations, webinars, conferences, and employee trainings across the industry on lifestyle medicine, health promotion, risk factor reduction and whole food-based nutrition.

Currently, Marlene is a health promotion and wellbeing consultant where she uses her expertise as an educator, speaker, and strategist to inspire, motivate, educate, and empower organizations and individuals to create a healthy, thriving lifestyle that supports positive health and sustainability success. Previously, Marlene served as the Global Wellness Director for the fortune 500 companies of Alcoa and then Arconic where she was instrumental in developing and executing the company's first global employee health and wellness program for more than 62,000 employees across 120 countries. Prior to Alcoa and Arconic, she served as a National Consultant for Highmark Blue Cross Blue Shield Preventive Health Services; as Nutrition Director and National Site Consultant for Lifestyle Advantage's Dr. Dean Ornish Program for Reversing Heart Disease and then the Nutrition Director for the University of Pittsburgh's School of Medicine's Preventive Cardiology Program.

As a registered dietitian and master's degree-level exercise physiologist, Marlene has personally and professionally experienced the benefits of investing in building healthy habits and skills to maximize performance and long-term health success. She is particularly passionate about blending the art of food and cooking along with the science of medicine to help her clients optimize the benefits of eating nutrient rich meals to help prevent disease and restore well-being. Throughout the span of her career, she has worked with many organizations to incorporate sustainable, healthy dining programs into their wellbeing strategy and has spearheaded culinary training sessions to inspire and educate food service professionals and registered dietitians on healthy dining strategies. Marlene served as a trainer to the members of the United States Senate culinary team in healthy cooking techniques, spearheaded the addition of heart healthy menu items to the U.S. Capitol Dining room and orchestrated the annual heart healthy luncheon for the US. Senators for eight consecutive years.



Marlene's education includes a Bachelor of Science in human nutrition from Seton Hill University and a Master of Science in health promotion/exercise physiology from the University of Pittsburgh. She completed her medical internships for nutrition at Sewickley Valley Hospital and exercise physiology at St. Francis Medical Center. She is also a Certified Worksite Wellness Consultant and has completed the Academy of Nutrition and Dietetics' Certificate of Training in Obesity Interventions as well as a certificate in Multicultural Competency in Wellness.